



NOVEMBER 2025:MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 Zumba in the Chair 10:45 Wet your Whistle 11:00 Gazette & Chronicle 2:15 NTL Cinnamon Day 3:00 Music Appreciation
2 10:00 Catholic Mass 10:45 Daylight Savings 2:15 Yoga & Meditation 3:00 Refreshments 3:15 Brain Games	3 10:00 Music with Colton 2:15 BIRTHDAY BASH 3:00 Yahtzee 3:00 Virtual Tour of the Dominican Republic	4 10:00 Chair Zumba 10:45 Hydrate & Prep 2:15 NTL Candy Day 3:00 Hangman Games	5 10:00 Donut day & Cider 10:45 Daily Chronicle 2:15 Activity Interest Meet 3:00 Poetry	6 10:00 Kickball 10:45 H2O Time 11:00 Horoscopes 2:15 Art Therapy (DR) 2:15 Jeopardy 3:00 Fact or Fiction	7 10:00 Pool Noodle Baseball 10:45 Hydrate & Prep 2:15 NTL Sports Jersey Day 3:00 Finish the Phrase	8 10:00 Chair Jazzercise 10:45 Have a Sip 11:00 Chat pack 2:00 Music & Guests 2:00 Art Therapy (DR)
9 10:00 Catholic Mass 10:45 Reading Happy News 2:15 Balloon Games 3:00 Water is Life 3:15 Short Stories	10 10:00 Music with Colton 2:15 Vanilla Cupcake Day 3:00 How it's Made	11 VETERANS DAY 10:00 Kickball 10:45 Hydrate & Prep 2:15 Vets Come together 3:00 Celebration	12 10:00 Cozy Cocoa 10:45 On this Day 2:15 General Trivia 3:00 For the Love of Music	13 10:00 Beachball Toss/Questions 10:45 Refreshments 11:00 This Or That 2:15 Harvest Celebrations Day 3:00 Billy Jole	14 10:00 Ribbons 10:45 Hydrate & Prep 2:15 NTL Pickle Day 3:00 How? Why? When?	15 10:00 Hula Hoops 10:45 Refreshments 11:00 Name that Animal 2:15 Tea and Cocoa 3:00 Trivia Dominican Rep.
16 10:00 Catholic Mass 10:45 On this day 2:15 Graceful Scarves 3:00 H2O Time 3:15 Sunday Funday	17 10:00 Music with Colton 2:15 Taste Dominican Rep. 3:00 D.R. Flag Craft	18 10:00 Reach & Stretch 10:45 Hydrate & Prep 2:15 Getting to know you 3:00 Reading Circle	19 10:00 Coffee, Tea, or Me? 10:45 In the News 2:15 Hot seat questions 3:00 Rhythm & Rhyme	20 10:00 Calming Yoga in the Chair 10:45 Wet your Whistle 11:00 Daily Chronicle 2:00 RESIDENT COUNCIL 3 AR 2:15 Art Therapy (DR) 2:15 Word Games 3:00 Wonders of Nature	21 10:00 Kick ball 10:45 Hydrate & Prep 2:15 Gingerbread cookie day 3:00 History & How its made	22 10:00 Chair Zumba 10:45 Catch the Wave 11:00 Horoscopes 2:15 Broadway Hits
23 10:00 Catholic Mass 10:45 Committee meet 2:15 Yoga 3:00 Wet your Whistle 3:15 Riddles 30 10:00 Catholic Mass 10:45 Chronicle 2:15 Zen Time 3:00 Have a sip 3:15 Coffee Social	24 10:00 Music with Colton 2:15 Who's Who? 3:00 Phrase Finish 6:30 Brain Games	25 10:00 Jazzercise 10:45 Hydrate & Prep 2:15 NTL Parfait Day 3:00 Jeopardy	26 10:00 Warm Spiced Cider 10:45 What's up? 2:15 Category Sort 3:00 How many words?	27 HAPPY THANKSGIVING 10:00 Work off that Turkey! 10:45 Turkey day Punch 2:15 PIE PIE PIE!! 3:00 Charlie Brown's Thanksgiving Feast & Other Cultures Celebrations	28 10:00 Move and stretch 10:15 Spa Day (Dyr) 10:45 Hydrate & Prep 2:15 Yahtzee (DR) 2:15 Dominican Music/ Culture 3:00 Wonders of the world	29 10:00 Balloon Games 10:45 Wet your Whistle 11:00 Chronicle 2:15 Finish the Phrase 3:00 Kukla, Fran and Ollie

ONE TO ONE VISITS &
WALKS ARE PROVIDED
DAILY AT
1:15PM, 3:30PM & 4:00PM
MONDAY—FRIDAY

PROTESTANT SERVICES
WEDNESDAYS
10:00 3RD FLOOR AR

NOVEMBER 20TH
2:00 Resident Council
Meeting—3RD FLOOR
ACT ROOM



ADDITIONAL ACTIVITY
SUPPLIES ARE
AVAILABLE PLEASE
CALL THE
RECREATION
DEPARTMENT AT
EXT 3181.

ALL PROGRAMS ARE
SUBJECT TO CHANGE

*ALL PROGRAMS
ARE HELD IN THE
ACTIVITY ROOM
UNLESS OTHERWISE
INDICATED
DYR—DAYROOM*